



# Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA



## Water Aerobics Fall Classes 2023



### Classes use a combination of deep & shallow water exercise

This fun energizing class will leave you feeling refreshed and rejuvenated! Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages, ability, and fitness level who enjoys the water and wants to get and keep fit. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Belts and/or pool noodles are available for the deep. So, how about it? Let's "dive in" together and get moving the water. Our instructors bring lots of energy to their dynamic, safe and constructive class.

### NEW FALL CLASSES

#### MORNING CLASS      Monday, Wednesday & Friday      7:00 - 7:40 am

**Dates:** September 1, 2023 - November 15, 2023 (30 classes)  
(No Classes September 4, October 9, November 10)

**Fee:** Resident: \$120  
Non-Resident: \$150

**Walk In Fee:** \$10

#### EVENING CLASSES

##### **Monday                      6:15 - 7:15 pm**

**Dates:** October 2 - November 13 (6 Classes)  
(No Class October 9)

**Fee:** Resident: \$48  
Non-Resident: \$54

**Walk In Fee:** \$10

##### **Wednesday              5:15 - 6:00 pm**

**Dates:** August 30 - October 18 (8 classes)

**Fee:** Resident: \$48  
Non-Resident: \$64

**Walk In Fee:** \$10

FOR MORE INFORMATION  
& TO REGISTER



OPEN YOUR CAMERA APP ON YOUR PHONE  
& FOLLOW THE PROMPT

Registrations accepted online or at the AFC, 100 Bridge Road, Florence, MA; Mon-Fri 4:00-7:30 pm, 413-587-1046  
or  
Northampton Parks & Rec Department, 100A Bridge Road, Florence, MA; Mon-Fri 8:30 am-4:30 pm

413-587-1040

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

Updated 8/17/23

# NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

***PLEASE PRINT LEGIBLY***

☐ New to Northampton  
Parks & Recreation

☐ I have updated my  
Information

**ADULT 1**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**ADULT 2**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_

Gender \_\_\_\_\_

Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Current Grade \_\_\_\_\_

Program Name	Start Date	Day(s)	Basic Fee	Total Fee
			\$	\$
			\$	\$

**TOTAL FEE FOR PARTICIPANT**

\$  

**Special Considerations/Comments** (Use back if necessary) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Recreational and Volunteers Activities Release Form**

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release From and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: \_\_\_\_\_

Date: \_\_\_\_\_

**Charge my** VISA \_\_\_\_ Master Card \_\_\_\_ Discover \_\_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

**Office Use Only:** Amt Rec'd \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_ Credit \_\_\_\_\_ Date \_\_\_\_\_ RT Date \_\_\_\_\_ Staff \_\_\_\_\_